

MONTHLY BOARD MEETING MINUTES

August 24, 2015

Mental Health Board

Members in Attendance

Bond, Yvonne
Holmes, Jim
Stanners, Sharon
Thickens, Theresa

Absent Members

Cleveland, Cheryl
Dickinson, Will
Jarvis, Debra
O'Meara, Janet

Staff and Guests

Abrahamson, Twylla
Bartely, David
Bauman, Maureen
Behrens, Sharon
Blackburn, Laura
Cople, Katrina
Ellis, Amy
Grassman, Laura
Jones, Janna

Welcome and Introductions

Theresa Thickens, Chairperson of the Mental Health, Alcohol and Drug Board (MHADB), called the meeting to order at 6:16 p.m. Members and guests were welcomed and introductions were made.

❖ Board Protocol (Non-Board Member Participation) – Read by Yvonne Bond

- This item is designed to clarify, for new attendees, the role of non-board members and their participation while attending the Mental Health, Alcohol and Drug Board (MHADB) meetings.
- The MHADB encourages public input in all of its meetings. In order to facilitate this, we allow for public input two times – once at the beginning of the agenda and once at the end. These times are for those items that do not appear on the agenda. For items that are on the agenda, the Board will allow time for input from the public at the time the item is heard by the Board. Input guidelines are as follows:
 - a. *All remarks shall be addressed to the Board as a body and not to any member of the board or staff.*
 - b. *No person, other than a member of the Board and the person having the floor shall be permitted to enter into any discussion without the permission of the chairperson.*
 - c. *For items not on the agenda, each person is limited to three (3) minutes of comment during the Public Comment Period(s.)*
 - d. *For items on the agenda, each person is limited to five (5) minutes of comment during the agenda item, unless time is extended by the chairperson*
 - e. *For items on the agenda, if there is a person speaking on behalf of a group, with no other comments by another member of that group, please identify yourself as such and your time may be extended at the pleasure of the chairperson.*
 - f. *Total discussion time on any item may be limited by the chairperson to ensure that all of the business on the agenda is completed no later than 8:00 p.m.*

❖ Guest Speakers: Laura Grassman, PhD, Support Coordinator and Laura Blackburn, M.S., Program Specialist with Placer County Special Education Local Plan Area (SELPA) -- Presenting on Educationally Related Mental Health

- Barbara Morton, Director, while unable to attend this evening's meeting, extends her appreciation for all we do for the community.
- Ms. Grassman extended the offer to return in May, after the school year has come to an end, to follow up with any questions or clarification on information this group may have.
- SELPA team has four program specialists.
- SELPA's role in Placer County is to support the work happening in the districts with students and families - provide professional development, identify areas of need around the process of special education to insure students, their families and staff are able to provide the best services and supports possible for students to be successful in their lives as adults.
- Explained the structure of SELPA and the Placer County Office of Education (PCOE) -- In California, there is a mandate that there are special education local planning areas. Placer County has one SELPA, which is sponsored by PCOE - it's actually not part of the PCOE but housed there.
- Reviewed the funding model and allocation plan for the dissemination of federal and state dollars that go to the districts.
- There has been a shift in returning to educating the whole child – social emotional wellness, not just the academic portion.

- Up until 2011, mental health services for students between the ages of 3-22 were provided by CSOC – identified as 26.5 services. In 2011-12, the funding shifted to districts; the funding goes directly to the districts to utilize for the social and emotional wellness of the students.
- School districts provide training and partnerships, around the social emotional piece, with Placer County Sheriff's Office, Rocklin and Auburn Police Departments, students and staff.
- Reviewed the various tiers and the process of how children are identified to receive services.
- Laura Blackburn explained the assessment process, looking at what is going on with the student that's preventing him/her from learning. It can take up to 60 days to assess.
- Goal is to assess and find their areas of need so that goals and objectives can be created to insure attainment and to also monitor progress.
- To receive mental health services, there needs to be an educational need – it's educationally based.
- For those students who struggle in their homeschool, PCOE might refer them for an emotional disability placement in a county program - Sierra Vista or Secret Ravine.
- Majority of the school psychologists have had training in therapy and do provide therapy to the kids as well as the parents.
- Ms. Grassman provided statistics on those receiving services between 2013 and 2015, noting an increase.
 - Twylla Abrahamson requested statistics from 2011.
- Discussed referrals in general, what to look for in kids who are struggling and getting the resources out to families.
- Reported they currently maintain data on referrals (in general) on special education services and check the referral rate in the schools.
- Theresa Thickens requested to see data and receive definitions, e.g. counseling and guidance, social work counseling, etc.

Secretary/Treasurer's Report

Approval of the July 27, 2015 Regular Board Meeting Minutes – Approved minutes as distributed.

Approval of Treasurer's Report – \$1,500 - Amount budgeted for Fiscal Year 15-16.

Expenditures for the month of July included: \$51.44 – food purchased. End balance of \$1,448.56 and is accepted as presented.

Standing Committee Reports

- ❖ Executive Committee
 - No action taken.
- ❖ Alcohol and Drug (AOD) Committee – Sharon Stanners
 - Sharon Stanners worked with Amy Ellis on the annual report.
- ❖ Quality Improvement – Theresa Thickens
 - Discussed upcoming triennial taking place the first week in November, which will include over 300 questions regarding the operations as well as reviewing specific charts.
 - 2015 Data Notebook update: Reminded members the comments need to be submitted to her by Friday, August 28th.
- ❖ Children's Committee – Sharon Behrens reported on behalf of Will Dickinson
 - Started discussions on psychotropic medication for foster children. The decision was to bring training to QI and CSOC to begin the discussion on the laws and where we stand at this time.
 - September 1st, is the beginning of the Mobile Crisis Triage Team (MCT) for children. The program is similar to that on the adult side. The team includes: a person with lived experience, a clinician and PCSO – taking the services to where the young people are, hoping to circumvent some issues. The question was raised as to whether the MCT will go to the schools.
- ❖ Adult Services Committee –Yvonne Bond reported on behalf of Janet O'Meara
 - Working on the FY 14-15 annual report and the 2015 Data Notebook.

BOS-Representative

- ❖ Supervisor, Jim Holmes reported on the following:
 - Homeless are no longer camping on Dewitt lawns.
 - At last BOS meeting, Right Hand Auburn requested an extension of the trial period; extension was granted to March 31st. They also requested to change it to a 24/7 shelter with services, which was granted but did not grant the funding for improvements to the building (\$150,000), as well as ongoing expenses (\$33-37,000 per month).

Correspondence and Announcements

- ❖ Theresa Thickers, reported on the receipt of the following:
 - Debra Jarvis will be resigning; she is moving out of state.

Director's Report

- ❖ Maureen Bauman reported on the following (*Director's Report sent electronically*):
 - ASOC was awarded a new grant from SAMHSA (Substance Abuse and Mental Health Services Administration) for \$400,000 per year for four years to improve the health of those receiving mental health services from Placer County. The goal is to get people connected to primary care and bring some physical health resources to the mental health side and also to help the whole system to pay closer attention to health and improve health outcomes. Through the development of the Health Improvement Integration Team, those with a serious mental health illness will receive integrated primary care services in a behavioral health setting to improve chronic health conditions and to pursue health, wellness and recovery in the community.
 - The California 1115 Waiver - Drug Medi-Cal Organized Service Delivery System has been approved by the Centers for Medicare and Medicaid Services. There is much work in analyzing what a continuum of care on the substance use side would look like and to actually get resources to people.
 - Reported on two new staff hired through Mental Health America: 1) Consumer Liaison – Michael Lane, and 2) Family Advocate – Joseph Bartholomew.

Unfinished Business

- ❖ Recruitment/Visibility (*Standing Agenda Item*)
 - Received a MHADB application from David Bartley.
 - Jeff Cowen's application for membership on the MHADB is slated for the September 1st BOS agenda.
- ❖ Ad Hoc Committee Report Back (Mission/Vision)
 - Theresa Thickers passed around the tri-fold flyer the committee created with input received from members and the public.
 - Janna Jones will electronically distribute flyer to members for another review and then take it to the Executive Committee for discussion on production and distribution.
 - Need any final input by the end of the first week of September.
 - ASOC staff is working on creating a shorter link to connect to the MHADB website for inclusion on business card.
- ❖ California Association of Local Behavioral Health Boards and Commissions Update
 - Tabled for next meeting.
- ❖ Members' Feedback/Input on 2015 Data Notebook
 - Final thoughts or input to be provided to Theresa Thickers by the end of the week.
- ❖ Update - Notice of Contact Form
 - After reviewing the contact form in the QI meeting, it was determined the form was very cumbersome; the Board needs a better way of submitting and logging the contact information.
 - Theresa Thickers put the test call script into Survey Monkey and informed the members how the process would work. It would allow members to log the data electronically including responses received, number of calls, dates, etc.
 - Discussed using the same concept with the contact forms - utilizing the Survey Money to log the contacts electronically rather than using the forms.
 - Move to the Executive Committee for further discussion and ideas on the use of the Survey Monkey.
 - Requesting input from members on the concepts discussed.
- ❖ Review Guest Speakers/Trainers FY 15-16 (Working Copy)
 - Based on discussions at the retreat, around spending more time in discussion vs. receiving education/presentations, the Executive Committee plans to use the guest speaker/presentation time at the September meeting to discuss the committees' goals.
 - Requesting input and suggestions from each of the committees on speakers for November forward, as well as any individuals who have topics they are interested to bring to the group as a whole.
 - Bring to the September MHADB meeting.

- At the retreat, we discussed each of the committees submitting requests for speakers or presenting themselves on a topic they feel is important.
- Yvonne Bond and Sharon Stanners shared an idea to bring in a family or a mini panel to share their experience about what worked/didn't work.
 - Yvonne Bond and Sharon Stanners agreed to form an ad hoc committee to plan for a panel.
- Due to the size of the full Board, the Executive Committee might consider whether it can support all four subcommittees. This doesn't mean eliminating the topics but rather figuring out how to manage it better.

New Business

- ❖ Proclamation Proclaiming September 2015 as Recovery Month in Placer County and Seeking Volunteers for the Recovery Happens Event.
 - Recovery Happens flyers were distributed to all members.
 - Recovery Happens: Saturday, September 26, 2015.
 - Volunteers: Jeff Cowen and Theresa Thickers.
 - Theresa Thickers will send out a reminder and would like anyone who can take a shift contact her.
 - Proclamation goes to the BOS on September 1st.
- ❖ Contract Scope of Work
 - Maureen Bauman provided a scope of work for the newest contract with Yolo Community Care Continuum (Cornerstone) for the crisis residential program. The scope of work provides members an opportunity to determine what information they would like to receive.

Board Member Comments

- ✧ Mental Health Wellness Forums. There is a group in Lincoln looking at putting on family forums on mental health. There are a number of similar efforts happening; the plan is to get the groups together and have joint forums. The Coalition for Placer Youth's forum is scheduled for November 19th, and we will be able to participate as a part of the larger group. When we have our forum, they will be a part of it also.
 - ◇ The Lincoln group is promoting the initiative: Girls on the Run – a running health and wellness effort.
 - ◇ These are events and efforts the MHADB can show up and promote the Board.
- ✧ Theresa Thickers passed around an Evaluation Report from SAMHSA - the comprehensive community mental health services for children with serious emotional disturbances evaluation (2012-13); it's filled with a great amount of information (*free*).
- ✧ Maureen Bauman reported that ASOC will be coordinating with a marketing firm that works with the statewide initiatives on stigma reduction/suicide prevention and student mental health; they are interested in working with counties to get the word out. This is also another opportunity to get the word out about the MHADB.
- ✧ David Bartley agreed to attend the HHS managers' meeting to talk about suicide and how we can know the signs, how we can be helpful, etc.

Public Input

- ✧ Katrina Copple announced the next Wellness Recovery Action Plan is scheduled for October 1st and 2nd in Auburn at AMIH (Advocates for Mentally Ill Housing) from 9:00 a.m. – 4:00 p.m.

Adjournment

- The meeting was adjourned at 7:57 p.m.
- Monday, September 14, 2015 at 4:00 p.m. is next Executive Committee meeting (ASOC).
- Monday, September 28, 2015 is the next Board meeting taking place in the HHS Adult System of Care Large Conference Room, 11533 C Avenue (Dewitt), Auburn.

Secretary/Treasurer, Mental Health, Alcohol and Drug Board